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Presents

50+

Techniques of

RIVER STONE MASSAGE



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INDEX

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BASICS

HISTORY

Ancient civilizations believed that hot stones were beneficial in healing in many ways, especially for cleansing the body, relaxing the heart, grounding the soul and soothing the mind. Shaman placed stones on or near a body to facilitate healing. Native American women would place a warmed stone on their belly during menses and they use heated stones in their sweat lodge.

The Roman baths involved hot, hot water and the cooling effect of lying on marble tables. Pilgrims would put a hot stone at the end of their bed to warm the feet and Cowboys would lay their bedding on warmed stones by the campfire. Japanese priest that fast wears a sash in which he puts three stones to help slow the digestive process.

Have you ever heard of the story "Stone Soup", it brought everyone together and today we still use heated stones in saunas. Look at the stones as an extension of the therapist and just not another tool.

OTHER NAMES

- La stone® Therapy
- Hot Rock Therapy
- Stone Therapy
- Stone Massage
- Hot/Cold Stone Therapy
- River Stone Therapy
- River Rock Massage
- Geothermaltherapy
- Geothermalcryotherapy

SUGGESTIONS

- Have the client test the temperature before you begin.
- Keep fresh drinking water available at all times and encourage them to drink regularly.
- Test the temperature of the rocks on your forearm before placing them on their body.
- Place towels on the client's body before you begin the treatment.
- When you use hot and cold stones together, it helps balance yin / yang concept.
- Hydrotherapy can be exhausting and dehydrating to the body.
- Working with temperatures ranging from 0 degrees to 140 degrees.
- More temperature is not always better.
- A 10-degree difference in cold temperature is the minimum to be placed directly on the skin.
- You can incorporate other forms of hydrotherapy into a hot rock therapy.
- Treatments usually are booked for 60-90 minutes.
- The more times you use the stones with oil, the darker they become.
- Ask questions during the treatment.
- Oil can be used to massage the rocks on their body.
- Stay with the client at all times or give the client an emergency signal such as a bell *(Be sure it can be heard above anything else)*.

THE ROCKS

- The hardness of basalt stones is 7 on the Mohs' Scale of 1-10, a diamond being a ten.
- The density of basalt stones is 2.5 times the weight per volume of water.
- The basalt stones have been formed downwind of a volcano.
- Boil & disinfect the stones before you use them on a client.
- Either you can buy a set of rocks for around $100 or you can find your own rocks at lakes or rivers *(Watch for "No picking rocks" signs)*.
- The joy of finding your own stones carries with it a deep connection to each stone.
- Make sure the rocks are smooth, many different sizes & flat.
- Black basalt stones stay hotter longer than any of the other colors.

SUPPLIES

- You can use a freezer for the cold stones.
- You can use a crock-pot, electric frying pan or a roaster with water in it for your heated stones.
- If you don't heat the stones up, then you can use them for cold rocks *(They are naturally a little cold)*.
- "Bed, Bath & Beyond" and "Target" and other retail stores sell hot rock sets *(Not recommended)*.
- Use a tongs, fish net, giant curved spoon or rubber gloves to take out the rocks.
- 30-50 different size Basalt riverbed stones are the choice.
- Aqua marine stones or marble stones are the stones of choice for cold stone therapy.
- People can purchase seven semi-precious stones for the chakra points.
- Thermometer
- 2-3 large towels
- Laundry bag

PLACEMENTS

- Test the rocks with essential oils on one part of the body for one minute to find if the client is allergic to the essential oil *(It is called a Patch Test)*.
- Once the rocks start cooling down, you may place them on the client's back or other parts of the body.
- You can place rocks or crystals on Chakra points on the body.
- Small rocks can be put in between the client's toes and fingers.
- Place the rocks on a towel between the whole lengths of their legs to cool them off.
- Never place cold stones directly on the body.
- Once the rocks are getting cold, place them back in the heating unit and take out the rocks on the bottom.
- Apply cold or hot compresses to the head for long treatments.
- Rubbing alcohol is sprayed on the rocks if they are too hot.
- Next is the massage itself, which can involve a variety of treatments including deep tissue, Shiatsu and basic Swedish.

AFTER THE TREATMENT

- You can finish with a no rock massage or just lay the rocks on the client to relax.
- To finish the treatment put all the rocks in the crock-pot *(In the laundry bag)* and wipe the oil off the client with the sheet or towels.
- Keep client from being chilled after the treatment by giving the client warm towels or a bathrobe.
- The body should be allowed to rest for at least 15-30 minutes after a full body hot application to allow the body to return to normal.
- Clean the stones with soap, water and a vegetable brush. Tea Tree oil can be used to clean the stone.
- Let the rocks breathe after they are cleaned *(Lay them on a towel)*.

STONE EXAMPLES

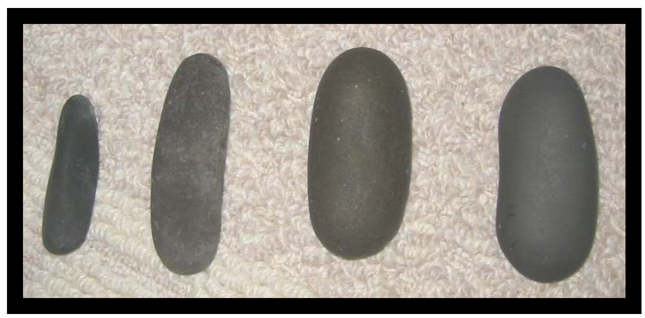


1. 

2. 

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6. 

7. 

8. 

1-4. Use a variety of rocks
5. Use stones as tools (For trigger point therapy)
6. Use larger stones for the sacral & abdominal region

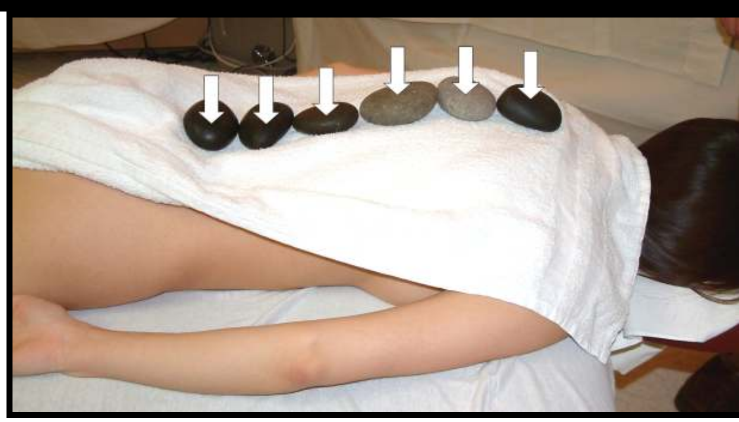
7. Have many stones that fit in your palms
8. Use smaller stones for in between their fingers, toes and on their face

PLACEMENTS

Make your own designs and placements on the client's body (As long as they stay on their body). There is no right or way do perform this treatment…The only rule is DON'T BURN THE CLIENT!



***If you think the rocks are too hot, place them on your forearm for a moment.**
***If it's too hot for you… then it's too hot for the client.**



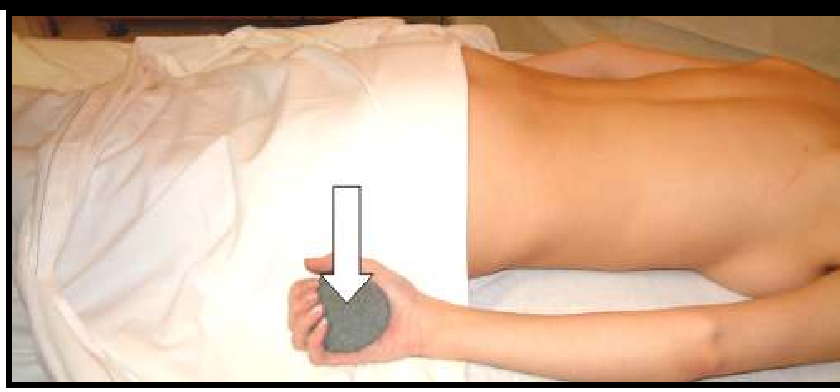
***A good way to start is to place a towel on their back and then place the rocks on the towel.**



***A coccyx stone is going to be bigger then your other stones.**



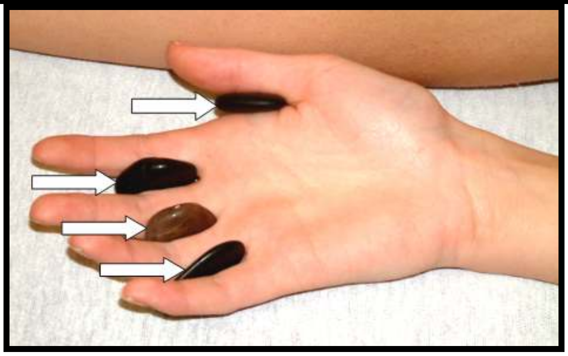
*You can place them on their sole (Soul) (Prone or Supine).



*You can place rocks in their palms (Prone or Supine).

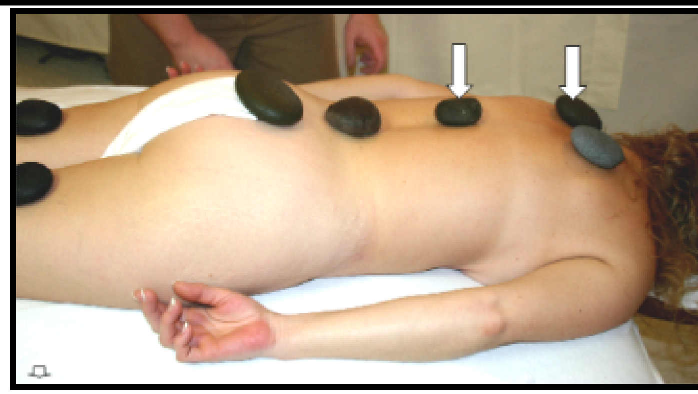


*You can place rocks in between their toes (Prone or Supine).



*You can place rocks in between their fingers (Prone or Supine).

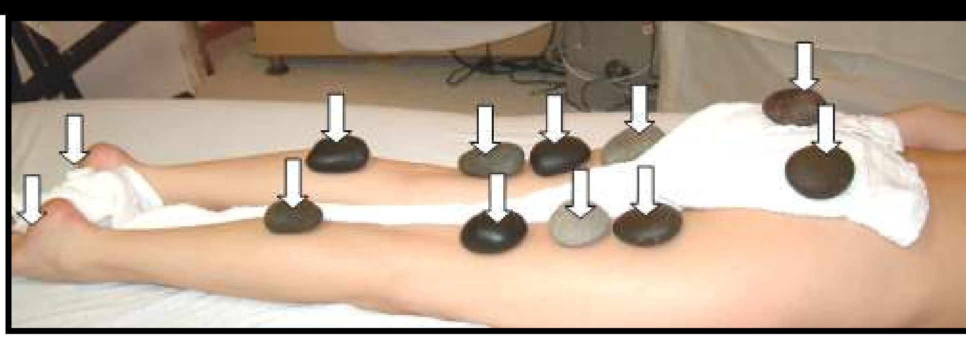




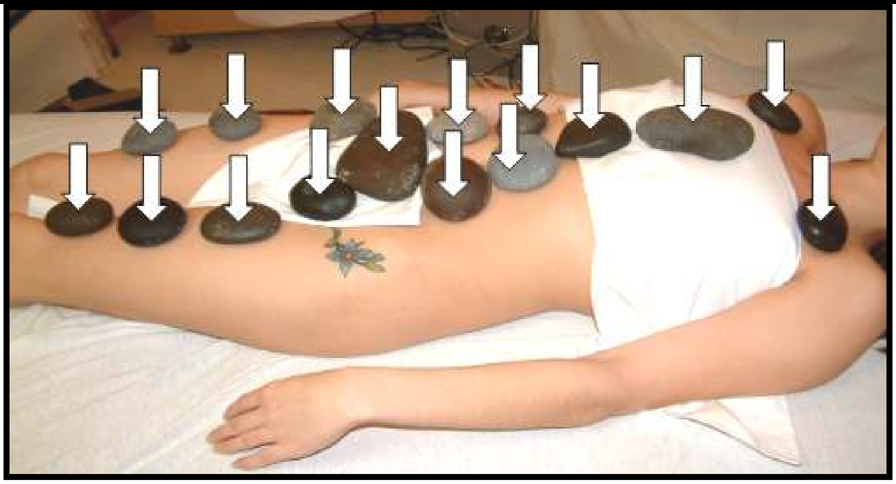
*Once the rocks have cooled down enough, place a rock (One by one) on their back.
*Always test the rock on your forearm if it is too hot.



*You can also place them on each sides of the spine.



*You can also place rocks on their glute region and down their legs.



*You can place the rocks on many places when they are supine.

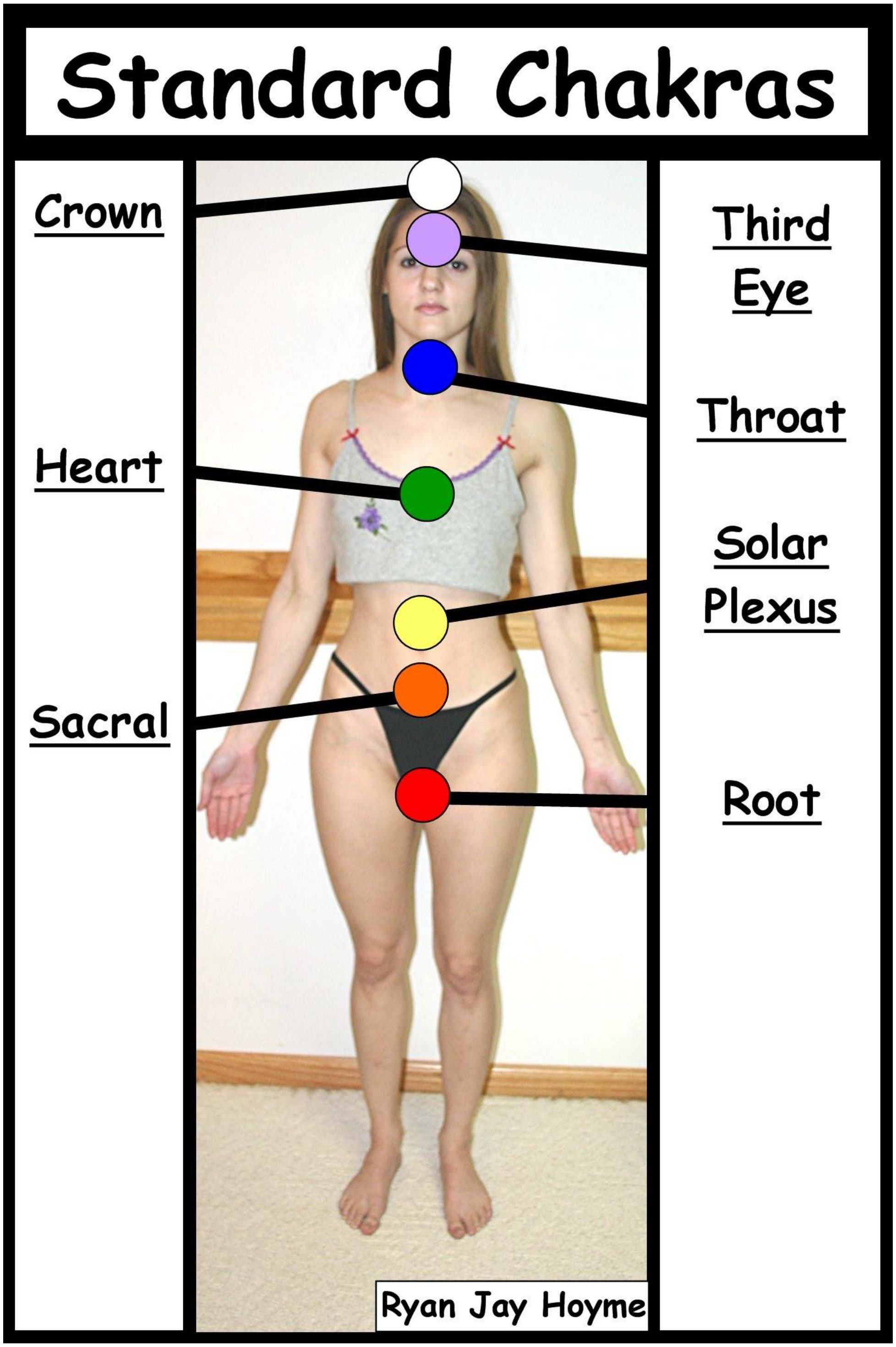


*You can even place the rocks over their eyes.
*Make sure the rocks are bigger than their eye socket.



*Place the rocks in between the legs (Supine or prone), so they can cool off if they are too hot.

ENERGY PLACEMENTS



*You can place rocks on chakra points on the body.
*If you use crystals along with your rock treatment (Don't have them hot or cold).
*Root Chakra: Place between their legs around their knee region
*Heart Chakra: Ask permission.
*Throat Chakra: Place on the sternum region.
*Third Eye Chakra: Smaller rock on that area.
*Crown Chakra: Place it on the table above their head.

MOVEMENT

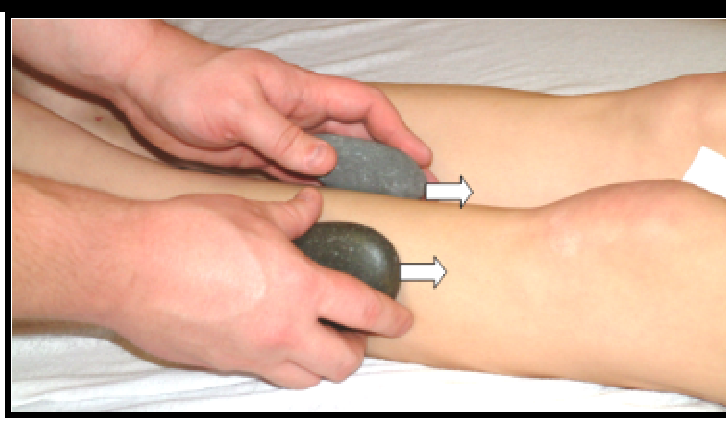
If you think they are a little too hot to place on their body…just keep moving the on their body and keep in verbal contact with the client about the temperature of the rocks. Also, watch for signs that the rocks are too hot…Client is moving, tensing up, or telling you.



***You can glide on most places on their body with the rocks.**



***You can move the rocks back and forth as you glide on the body.**



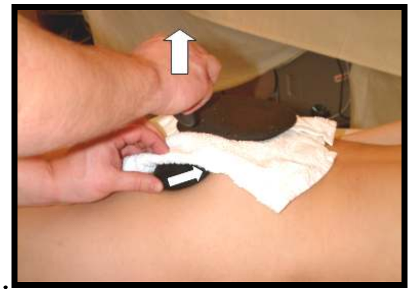
***Glide up the medial (Inside) and lateral (Outside) sides of the legs or arms.**



1.



2.



3.

*Place a rock under the towel or sheet and then strike the hidden rock with another rock (Diffuses the sounds).





*Alternate compressing the rocks on their body.

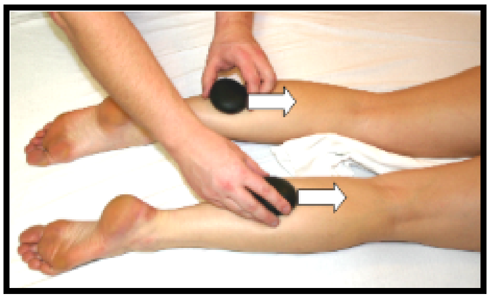


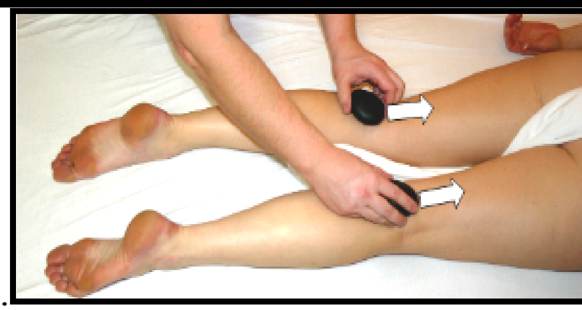
*Roll your hand while compressing the rock.





*Roll the rock on their body (Either in circles or straight).

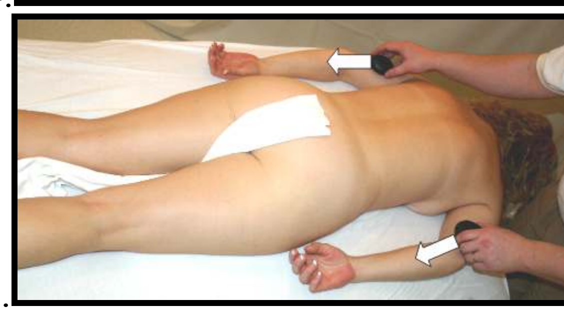

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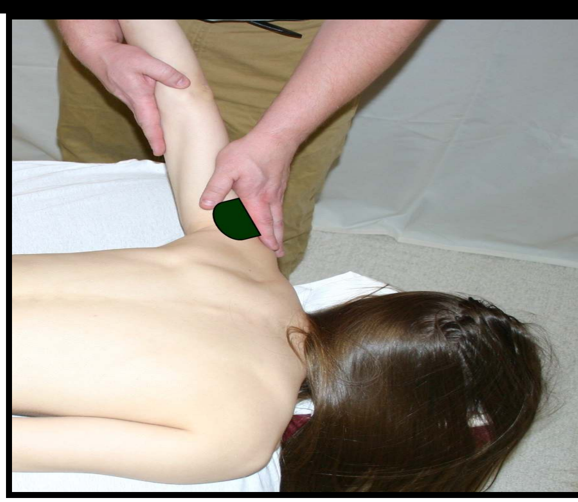
*Perform connecting techniques. Start at their feet and glide up their body, then finishing at their hands.
*Can be performed when they are supine.



*You can use long stones for longitude friction techniques (With the grain of the muscle).



*You can perform trigger point therapy with the rocks.
*Be aware of the pressure you are giving them with the rocks.



*You can use about any stretching technique with the rocks.

HIDE THE ROCKS

*Again, be careful of the temperature (Because when they are placed in restricted areas, they retain their heat longer).

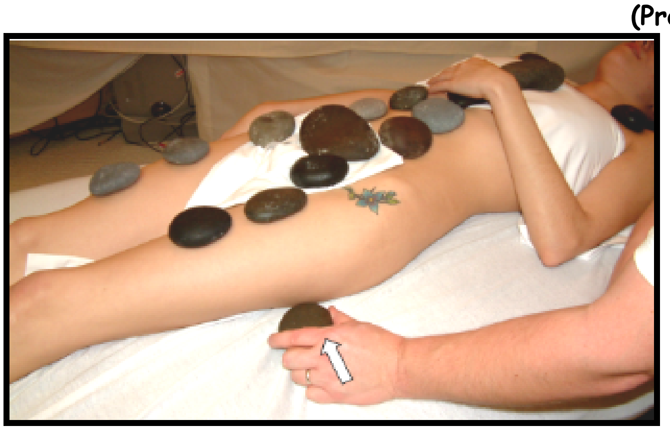


***Place under their inguinal area when they are prone.**

1. 

2. 

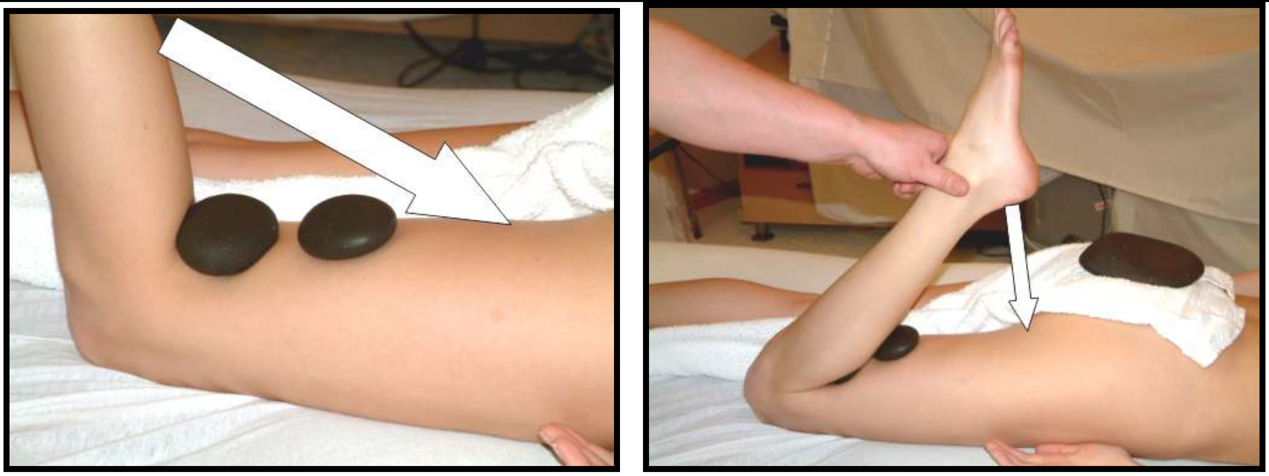
(Prone)

1. 

2. 

(Supine)

***Place a rock under their quads (When they are prone) or a rock under their hamstrings when they are supine).**



*Place rocks on their hamstrings and perform knee flexion (Can also be performed with the biceps).



*Place a rock under their shoulder (Pec region) and wrap the corner of the fitted sheet around their shoulder.



*Place a rock under their stomach region (Do not place it on their navel ring if they have one).

1. 

2. 

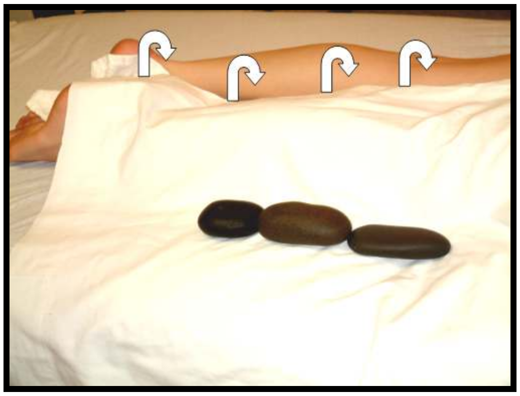
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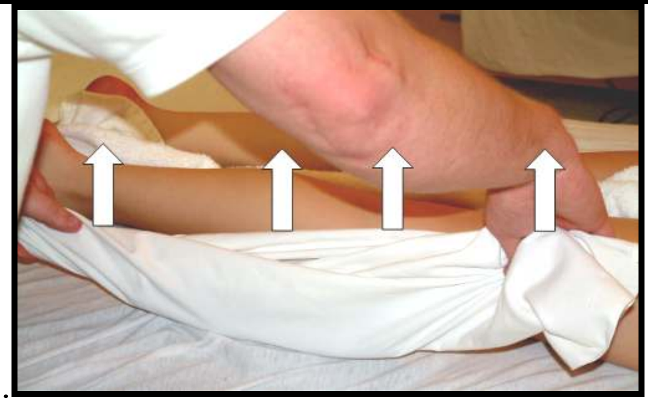
3. 

4. 

4. 

1. **Wrap the rocks up in a towel.**
2. **Lift the ends of the towel.**
3. **Place the towel on another part of the body.**
4. **Unwrap the rocks.**


1.


2.


3.


4.


4.

1. Place the rocks in a pillow case or towel.
2. Lift up the rocks in the pillow case.
3. Place it over their neck.
4. Tuck in the ends of the pillow case in the head rest.



1.



2.

(Prone)



1.



2.

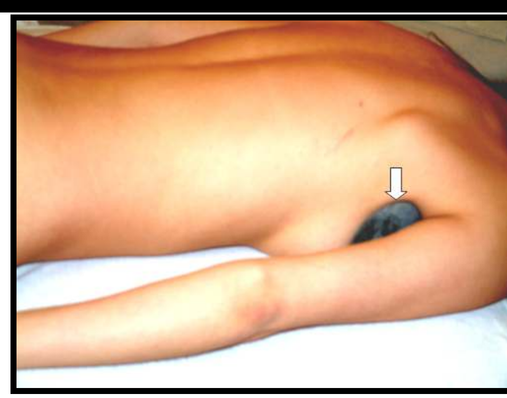


3.

(Supine)

*Place rocks on either one or two soles and then wrap the fitted sheet around the foot to hold the rocks in place.





*Place a rock in their arm pit region (If the client has an odor, place a drop, or two of scented oil on the rock).

1. 
2. 

*Place a rock under the pillow case in the sternum region.

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2. 
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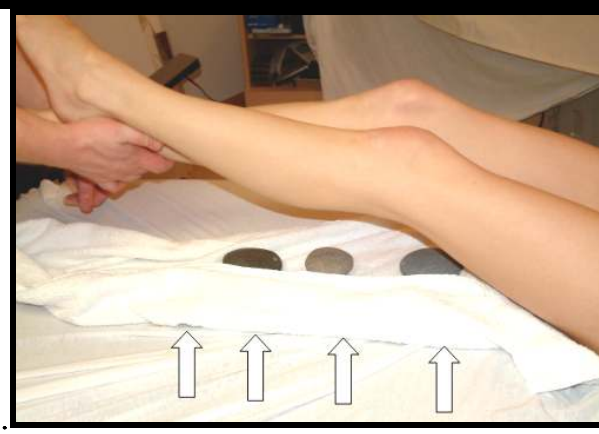
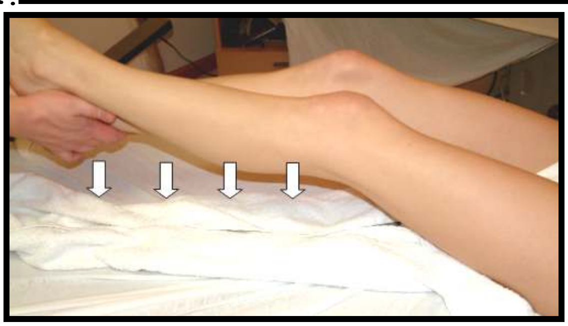
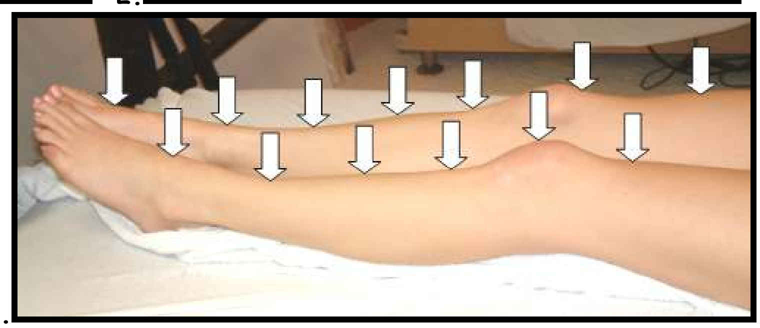
*Place a rock in the flap of the pillow case.

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2. 
3. 

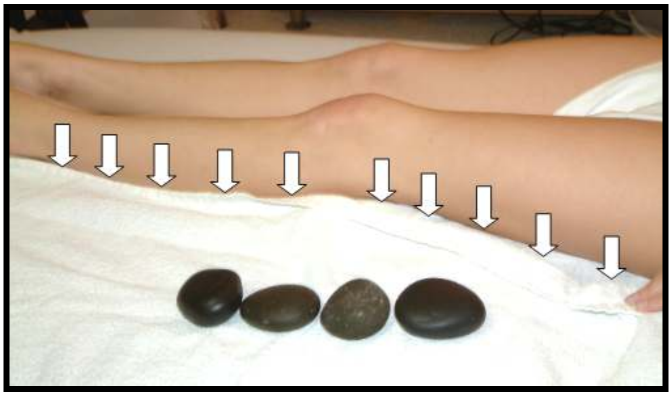
*Place a rock on their palm and then wrap the sheet around it.

1. 
2. 

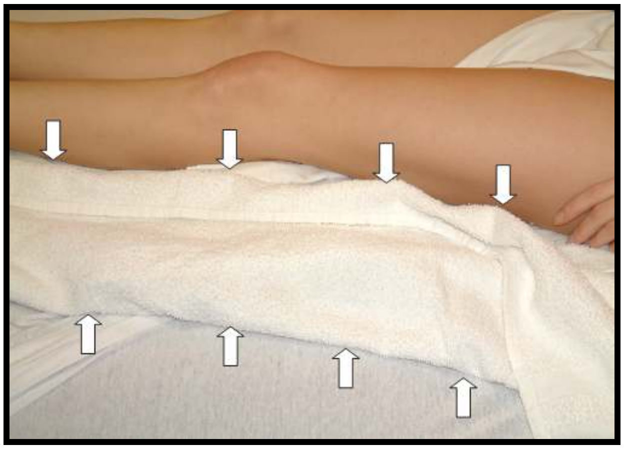
*Place a rock under their side of their neck (Not on the spine).

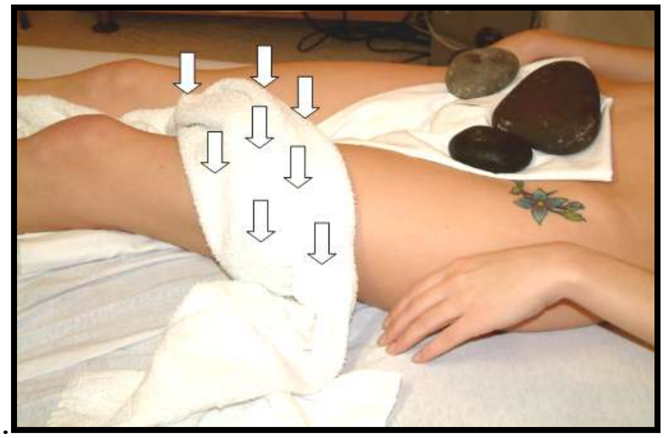
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2. 
3. 
3. 

1. Place a towel under their legs and place rocks on it.
2. Wrap the towel over the rocks
3. Place the leg back down over the towel with the rocks.

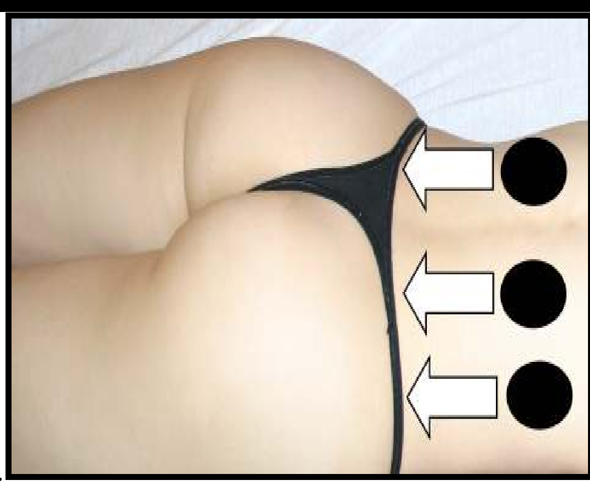

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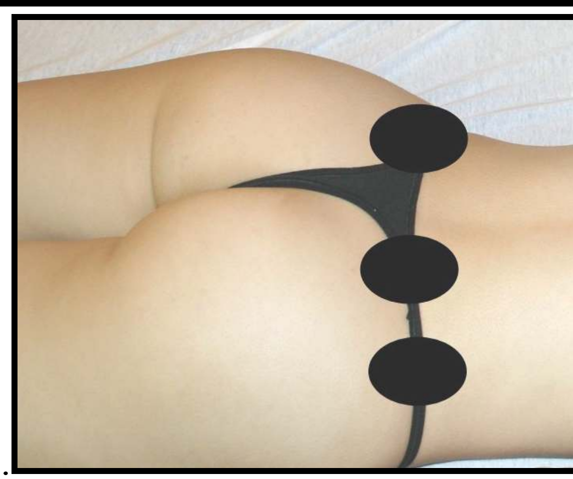

1.


1.


2.

1. Wrap the rocks up in a towel.
2. Lift the towel up and place it over a body part (Tuck it, if it won't stay).


1.


2.

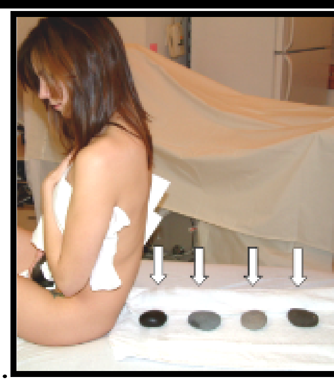
*If they are wearing underwear; place rocks in their band of their underwear (Ask permission first).

1. 
2. 

*Place a rock under their low back (Wrap it if it is too hot).



*Place a rock under any sheet or towel.

1. 
2. 

2. 
3. 

1. Have the client sit up and lay a towel out and place rocks on the towel (Leave enough space for their spine).
2. Fold the towel over the rocks.
3. Gently help the client down on the rocks (Make sure their spine is not on the rocks).

*This can all be performed before the client gets on the table.

HOT or COLD?

When using cold stones, some people recommend aqua marine stones or marble stones. Never place a really cold stone on the body (Wrap it up in a towel if you think it is too cold).

TEMPERATURE DESCRIPTIONS

- **Dangerously hot** - 110 F or more
- **Very hot** - 105 to 110 F
- **Hot** - 100 to 104 F
- **Body temperature** - 98.6 F
- **Warm** - 97 to 100 F
- **Neutral** - 94 to 97 F
- **Tepid** - 80 to 92 F
- **Skin temperature** - 92 F
- **Cool** - 70 to 80 F
- **Cold** - 55 to 70 F
- **Very cold** - 32 to 55 F

COLD STONES EFFECT

- Lessens the inflammation in the muscle fiber
- For a short time you push the blood away
- If the cold stone stays on more than four minutes, it starts pulling blood back to that area
- Reduces Muscle Spasm by breaking the pain-spasm-pain cycle
- Reduces Spasticity when muscle temperature is reduced
- Relieves pain through its direct effect on nerve fibers and receptors
- Reduces Inflammation in the early phase
- Increases muscular tone
- Reduces swelling an edema in the acute phase
- Secondary effect of cold is heat ad body restores normal temperature
- Cold keeps an injury supple
- Cold encourages elimination by relaxing the skin
- Peripheral nerve-endings are almost immediately desensitized by the application of cold
- Increases respiratory rate, Increases blood pressure & heart rate
- Analgesic effect on trigger points

COLD STONES (Secondary effect)

- Occurs if you warm up: Peripheral vascular dilation, causing redness of skin
- Decrease in respiratory rate
- Decrease in blood pressure and heart rate
- Muscle relaxation

HOT AND COLD STONES EFFECT

- It is this balance of yin and yang *(hot and cold)* that allows for healing to begin
- When you apply heat to the body, it pulls blood to the area
- When you pull blood to an area, it moves through the heart and lungs to be oxygenated
- Nutrition *(of the blood)* starts to take place, all pulling to the affected area
- This allows you to work deeper, to realign muscle fiber and to facilitate relaxation of that muscle fiber
- Heart rate should not exceed 140 beats per minute as it may overstress the heart
- Moisture stops the tissues drying out, preventing the injury from becoming irritated

HOT STONES EFFECT

- Increases the extensibility *(ability to stretch)* of collagen fibers
- Decreases chronic joint stiffness
- Relieves pain
- Relieves muscle spasm
- Increases blood flow
- Decreases blood pressure
- Increases Body Temperature
- Increases Pulse rate *(by 10 for every 1 degree increase in body temp)*
- Increases respiration rate
- Increases oxygen consumption and metabolic rate
- Increases in excretion from kidneys
- Can assist in removal of edema and waste products from areas of injury
- Applying heat to the uninjured side attracts blood flow and reduces pressure at the site of tension or injury

HOT STONES (Secondary effect)

- Generally the same as secondary effects of cold; Gradual reduction of these effects as body returns
- Occurs if you warm up: Peripheral vascular dilation, causing redness of skin
- Decrease in respiratory rate
- Decrease in blood pressure and heart rate
- Muscle relaxation

HOT STONES CONTRAINDICATIONS

- Heat applications are contraindicated in acute conditions of inflammation such as bursitis, arthritis, tendonitis, sprains and strains
- The vascular damage caused by Diabetes also decreases blood flow to tissues. Heat is contraindicated in these areas
- Full body application of heat increases cellular demands for oxygen that cannot be supplied if the client is anemic
- Body temperature should not go above 104 degrees & temperatures above this may cause tissue damage.
- Atherosclerosis and arteriosclerosis clients may have weakened or blocked arteries. Heat applications increase tissue metabolism and demand for oxygen making heat applications contraindicated
- Full body hot applications to a pregnant woman are contraindicated, as they may be associated with an increased incidence of birth defects. This contraindicated the use of hot tubs and other steady-temperature hot full body baths as well as local applications of heat to the abdomen
- Full body hot baths may spread tuberculosis and is contraindicated

COLD STONES CONTRAINDICATIONS

- Previous frostbite or other hypersensitivity to cold such as Raynaud's disease or Lupus
- Poor kidney function
- Cold is also contraindicated in kidney malfunction or disease
- Slows wound healing by slowing cell metabolism
- Cold applications are contraindicated in clients with hypothyroidism which further causes a reduction in basal metabolic rate

HOT & COLD STONE CONTRAINDICATIONS

- Hydrotherapy may be contraindicated in a client that is weak as a treatment may make the weakness worse
- Any decrease in sensitivity of the skin, Hydrotherapy is contraindicated, as they may not be able to feel if the skin is too cold or hot
- Hot and cold, which cause vasodilatation, increase the possibility of hemorrhage
- Hot and cold applications that increase the heart rate and force of contraction are contraindicated in heart disease as it may overwork an already weakened heart
- Hydrotherapy may be contraindicated in a client that is weak as a treatment may make the weakness worse
- Applications are contraindicated in the case of broken skin or other skin irritation that may be exacerbated by hot or cold
- Caution is advised when treating clients with cancer. It is best to work with the consent of a physician.
- Any open areas or bruises
- Dizziness may occur as a result of dehydration or reaction to changes in blood pressure
- Nausea may occur as a result of detoxification or reaction to treatment

GENERAL CONTRAINDICATIONS/CAUTIONS

Please consult the referring physician whenever uncertain about any condition or response.

- **Cancer**
- **Hemorrhage**
- **Decreased Sensation**
- **Weakness**
- **Skin lesions**
- **Pregnancy**
- **Tuberculosis**
- **Anemia**
- **Diabetes Mellitus**
- **Heart disease**
- **Hypertension**
- **Peripheral vascular disease**
- **Fever**
- **Pulse** (Too high or too low)
- **If your skin is sensitive**
- **Hypothyroidism**
- **Kidney problems**
- **Inflammation**

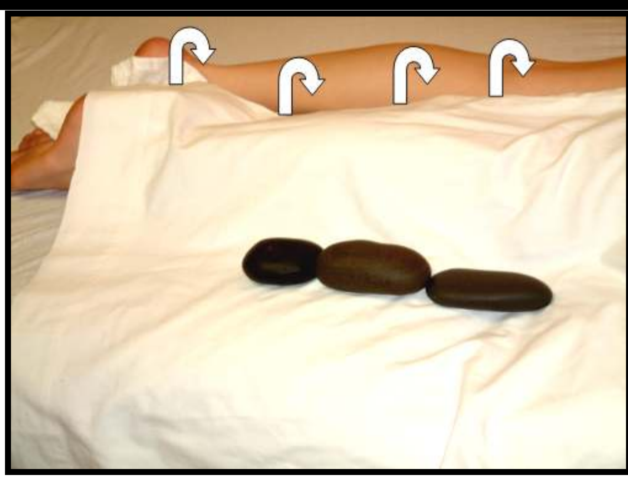


*You can have a cold rock in one hand and a hot rock in the other hand when you perform the treatment.





*You can perform a contrast method and have some hot and some cold rocks on their body.



*Wrap the stones if you think they are too cold to place on the body.